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## Creating Lasting Family Connections Marriage Enhancement Program (CLFCMEP)

### Program Description

The Creating Lasting Family Connections Marriage Enhancement Program (CLFCMEP) is a community-based program for couples in which one or both partners have been physically and/or emotionally distanced because of relational difficulties or separation due to incarceration, military service, substance use, or other circumstances.

Relying largely on cognitive change and skills training, the goal of CLFCMEP is to build and/or strengthen partners' relationship skills by providing structured opportunities for participants to develop greater capacity for communication, conflict resolution, emotional awareness and expression, commitment, and trust.

Two certified trainers implement the module-based program with a group of 4 to 15 couples through one of the following implementation options: 1) an 8- to 10-session format (with 2-hour sessions); 2) a 2- to 3-day weekend retreat format; or 3) an 18- to 20-session format (with 2-hour sessions), which includes all modules. CLFCMEP includes three instructional, interactive, and standalone training modules on the following three skill areas:

1. *Marriage Enhancement.* This module consists of 12 marriage-focused, guided exercises designed to strengthen marriage through the learning of open, non-defensive communication skills. Partners develop a shared vision, recognize both positive and negative traits, understand partner needs, and practice active listening, compassion, and fair fighting.
2. *Getting Real.* This module is designed to enhance marital relationships through clear and honest communication and the setting of boundaries through guided role plays.
3. *Developing Positive Parental Influences.* This module is intended for couples interested in positively influencing their children or other family members. Participants are expected to develop a greater awareness of facts and feelings about drug use and dependence; to review effective approaches to prevention; and to develop a practical understanding of intervention, referral procedures, and treatment options. This module also examines attitudes toward alcohol and drug issues, the dynamics of chemical dependence, and its impact on marriages and families.

Case management is a critical component of CLFCMEP, and program implementers are strongly encouraged to have an understanding of how to assess the needs of participants and link them to additional support services in the community.

### 🔍 Evaluation Findings by Outcome

<b>Outcome: Social Competence</b> 	
<b>Program Effects Across all Studies</b>	<p>This program is promising for improving social competence. The review of the program yielded sufficient evidence of a favorable effect. Based on one study and six measures, the average effect size for social competence is .51 (95% CI: .39, .63).</p> <p><a href="#">Click here</a> to find out what other programs have found about the average effect sizes for this outcome.</p>
<b>Key Study Findings</b>	<p>From pretest to posttest, the intervention group demonstrated statistically significant improvements in communication skills, conflict-resolution skills, emotional awareness, emotional expression, interpersonal skills, and relationship-management skills, compared with the comparison group (Pacific Institute for Research &amp; Evaluation and McGuire &amp; Associates, 2011).</p>
<b>Measures</b>	<p>Pacific Institute for Research &amp; Evaluation and McGuire &amp; Associates (2011): Measures developed for this study were based on previously developed scales to assess the same constructs</p>
<b>Additional Details</b>	<p>None provided.</p>

<b>Outcome: Social Connectedness</b> 	
<b>Program Effects Across all Studies</b>	<p>This program is promising for improving social connectedness. The review of the program yielded sufficient evidence of a</p>

	<p>favorable effect. Based on one study and two measures, the average effect size for social connectedness is .30 (95% CI: .10, .50).</p> <p><a href="#">Click here</a> to find out what other programs have found about the average effect sizes for this outcome.</p>
<b>Key Study Findings</b>	<p>From pretest to posttest, the intervention group demonstrated a statistically significant improvement in relationship satisfaction, compared with the comparison group. There was no statistically significant between-group difference in pre- to posttest change in relationship commitment (Pacific Institute for Research &amp; Evaluation and McGuire &amp; Associates, 2011).</p>
<b>Measures</b>	<p>Pacific Institute for Research &amp; Evaluation and McGuire &amp; Associates (2011): Measures developed based on previously developed scales to assess relationship satisfaction and commitment</p>
<b>Additional Details</b>	<p>None provided.</p>

<b>Outcome: Self-Concept</b> 	
<b>Program Effects Across all Studies</b>	<p>This program is promising for improving self-concept. The review of the program yielded sufficient evidence of a favorable effect. Based on one study and one measure, the effect size for self-concept is .32 (95% CI: .04, .60).</p> <p><a href="#">Click here</a> to find out what other programs have found about the average effect sizes for this outcome.</p>
<b>Key Study Findings</b>	<p>From pretest to posttest, the intervention group demonstrated a statistically significant improvement in intrapersonal skills, compared with the comparison group (Pacific Institute for Research &amp; Evaluation and McGuire &amp; Associates, 2011).</p>
<b>Measures</b>	<p>Pacific Institute for Research &amp; Evaluation and McGuire &amp; Associates (2011): Measure developed for this study based on previously developed scales to assess intrapersonal skills</p>

<b>Additional Details</b>	None provided.
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☑ **Study Evaluation Methodology**

☑ **References**

☑ **Resources for Dissemination and Implementation \***

Program Profile Completed On 9/5/2017 11:48:32 AM

**Age**

18-25 (Young adult)

26-55 (Adult)

55+ (Older adult)

**Geographic Locations**

Urban

Suburban

Rural and/or frontier

**Settings**

Residential Facility

Outpatient Facility

Correctional Facility

Mental Health Treatment Center

Substance Abuse Treatment Center

Other

**Race/Ethnicity**

Hispanic or Latino

White

Black or African American

**Implementation/Dissemination**

Implementation materials available

Dissemination materials available



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1. *Marriage Enhancement.* This module consists of 12 marriage-focused, guided exercises designed to strengthen marriage through the learning of open, non-defensive communication skills. Partners develop a shared vision, recognize both positive and negative traits, understand partner needs, and practice active listening, compassion, and fair fighting.
2. *Getting Real.* This module is designed to enhance marital relationships through clear and honest communication and the setting of boundaries through guided role plays.
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Case management is a critical component of CLFCMEP, and program implementers are strongly encouraged to have an understanding of how to assess the needs of participants and link them to additional support services in the community.

### Evaluation Findings by Outcome

### Study Evaluation Methodology

<b>Pacific Institute for Research &amp; Evaluation and McGuire &amp; Associates (2011)</b>	
<b>Study Design Narrative</b>	Participants in the intervention group comprised men being released from prison who were recruited, along with their wives, to participate in the intervention group. The comparison group comprised married fathers who had made up the comparison group of another study.
<b>Sample Description</b>	Participants were 257 married men who were being released from prison. All participants were recruited through local social services organizations or the Kentucky Department of Corrections. Of the total sample, 144 were in the intervention group, and 113 were in the comparison group. The comparison group participated in other programs typically offered to prisoners upon release. The men had an average age of 35 years and were predominantly African American (51%) or white (46%).

### References

### Resources for Dissemination and Implementation \*

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Rural and/or frontier

#### Settings

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Outpatient Facility  
Correctional Facility  
Mental Health Treatment Center  
Substance Abuse Treatment Center  
Other

**Race/Ethnicity**

Hispanic or Latino  
White  
Black or African American

**Implementation/Dissemination**

Implementation materials available  
Dissemination materials available



SAMHSA Quick Links



SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

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1-877-SAMHSA-7 (1-877-726-4727)



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▼ **Evaluation Findings by Outcome**

▼ **Study Evaluation Methodology**

▲ **References**

## STUDIES REVIEWED

Pacific Institute for Research & Evaluation and McGuire & Associates. (2011). *Jefferson County Healthy Marriage Initiative: Final evaluation report*. Louisville, KY: COPEs, Inc.

## SUPPLEMENTAL AND CITED DOCUMENTS

None provided.

## OTHER STUDIES

Shamblen, S. R., Arnold, B. B., McKiernan, P., Collins, D. A., & Strader, T. N. (2013). Applying the Creating Lasting Family Connections Marriage Enhancement Program to marriages affected by prison reentry. *Family Process, 52*(3), 477–498.

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### 📄 Evaluation Findings by Outcome

### 📄 Study Evaluation Methodology

### 📄 References

### 📄 Resources for Dissemination and Implementation \*

*\* Dissemination and implementation information was provided by the program developer or program contact at the time of review. Profile information may not reflect the current costs or availability of materials (including newly developed or discontinued items). The dissemination/implementation contact for this program can provide current information on the availability of additional, updated, or new materials.*

## Implementation/Training and Technical Assistance Information

Facilitators who have completed CLFC Marriage Enhancement Program (CLFCMEP) Certification Training are trained in groups of up to 18 to deliver the program.

A national certification and training system, which consists of national consultants who train implementing agency or organizational staff or volunteers, certify qualified individuals as CLFCMEP Implementation Trainers. These trainers implement the CLFCMEP with couples. Program materials and marketing materials for different populations, including written and video testimonials, are available by mail or on the website. Training and implementation materials, including trainer manuals and participant notebooks, are provided to facilitators and program participants.

The CLFCMEP Implementation Training includes limited ongoing technical assistance with implementation and fidelity issues for 1 year for professional or volunteer staff. A CLFCMEP Fidelity Package is also provided for certified facilitators.

Program Master Trainer Training is also available to certified CLFCMEP Implementation Trainers who have experience with implementing the CLFCMEP in the community and who have demonstrated positive results. Certified CLFCMEP Master Trainers are qualified to train staff within their own agency to implement the CLFCMEP. The program developer and/or the National Training Director are available weekdays for telephone consultation regarding implementation and training needs or to answer general questions.

## Dissemination Information

A collection of marketing materials, including a brochure and written and video testimonials, are available from the websites listed in the table below.

## Summary Table of RFDI Materials

Description of item	Required or	Cost	Where obtained
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	optional		
<b>Implementation Information</b>			
The complete CLFC Marriage Enhancement Program Package includes one CLFC Marriage Enhancement Program trainer manual, a set of 24 CLFC Marriage Enhancement Program participant notebooks, one CLFC Marriage Enhancement Program: Fidelity Package, one CLFC Marriage Enhancement Program: Survey Kit for Outcome Evaluation, and one CLFC Marriage Enhancement Program: Retrospective Survey Kit	Required	\$399 plus shipping	Contact the program supplier: Resilient Futures Network, LLC/Teresa Boyd Strader teresastraderrfn@gmail.com Or visit <a href="http://www.copes.org">www.copes.org</a> <a href="http://www.myresilientfuturesnetwork.com">www.myresilientfuturesnetwork.com</a>
The CLFC Marriage Enhancement Program Replacement Kit includes one CLFC Marriage Enhancement Program Trainer Manual, a set of 24 CLFC Marriage Enhancement Program participant notebooks, and a CLFC Marriage Enhancement Program Retrospective Survey Kit, For	Optional	\$349 plus shipping	Contact the program supplier Or visit <a href="http://www.copes.org">www.copes.org</a> <a href="http://www.myresilientfuturesnetwork.com">www.myresilientfuturesnetwork.com</a>

use by trained and certified facilitators, Notebooks are for use by participants, CLFC Marriage Enhancement Program Retrospective Survey Kit is for program evaluators			
Individual CLFC Marriage Enhancement Program Trainer Manuals, For trained and certified facilitators implementing the program	Required	\$75 plus shipping	Contact the program supplier Or visit <a href="http://www.copes.org">www.copes.org</a> <a href="http://www.myresilientfuturesnetwork.com">www.myresilientfuturesnetwork.com</a>
Set of 24 CLFC Marriage Enhancement Program participant notebooks, For trained and certified facilitators and participants	Required	\$99.95 plus shipping	Contact the program supplier Or visit <a href="http://www.copes.org">www.copes.org</a> <a href="http://www.myresilientfuturesnetwork.com">www.myresilientfuturesnetwork.com</a>
Offsite: CLFCMEP Implementation Training (includes limited ongoing technical assistance for 1 year with implementation and fidelity issues), For professional or volunteer staff in conducting fidelity implementations and to educate personnel in quality assurance procedures, Delivered in person during	Required	\$650 per participant (maximum of 18 participants); \$4,500 for up to 18 participants depending on the trainers, plus travel expenses for two trainers	Contact the program supplier Or visit <a href="http://www.copes.org">www.copes.org</a> <a href="http://www.myresilientfuturesnetwork.com">www.myresilientfuturesnetwork.com</a>

<p>3-day, offsite implementation training in Louisville, KY (includes national training and certification system materials, implementation training guide, program fidelity package, and up to 10 hours of implementation consultation by phone) Customized onsite: CLFC Marriage Enhancement Program Implementation Training at client's setting</p>			
<p>CLFC Marriage Enhancement Program Implementation Training Guide, For professional or volunteer staff who want to implement the CLFC Marriage Enhancement Program with couples and serve as support for initial and ongoing replication and implementation of the CLFC Program and as support for quality assurance</p>	Optional	Included with the purchase of the complete CLFCMEP curriculum	Contact the program supplier Or visit <a href="http://www.copes.org">www.copes.org</a> <a href="http://www.myresilientfuturesnetwork.com">www.myresilientfuturesnetwork.com</a>
<p>CLFCMEP Fidelity Package, For certified facilitators and for professional or volunteer staff who want</p>	Optional	Included with the purchase of the complete CLFCMEP curriculum	Contact the program supplier Or visit <a href="http://www.copes.org">www.copes.org</a> <a href="http://www.myresilientfuturesnetwork.com">www.myresilientfuturesnetwork.com</a> <a href="http://copes.org.c25.sitepreviewer.com/wp-content/uploads/2015/11/CLFCMEPFidelityPackage.pdf">http://copes.org.c25.sitepreviewer.com/wp-content/uploads/2015/11/CLFCMEPFidelityPackage.pdf</a>

to implement the program with couples, To support a high-fidelity replication and implementation and ongoing implementation quality assurance			
CLFC Marriage Enhancement Program Master Trainer Training, For professional or volunteer staff who are already certified as CLFCMEP Implementation Trainers and have demonstrable knowledge and skills in the CLFC Marriage Enhancement Program and would like to train other staff to implement the CLFC Marriage Enhancement Program, Delivered during 5-day, offsite master training in Louisville, KY (includes training materials), 8 hours each day	Optional	\$2,500 per participant (maximum of 18 participants)	Contact the program supplier Or visit <a href="http://www.copes.org">www.copes.org</a> <a href="http://www.myresilientfuturesnetwork.com">www.myresilientfuturesnetwork.com</a>
CLFCMEP Survey Kit for Outcome Evaluation (pre, post, follow-up instrument), For program evaluators, In-person survey administration takes approximately 20 minutes	Optional	\$149 plus shipping	Contact the program supplier Or visit <a href="http://www.copes.org">www.copes.org</a> <a href="http://www.myresilientfuturesnetwork.com">www.myresilientfuturesnetwork.com</a>

<p>CLFC Marriage Enhancement Program Retrospective Evaluation Kit (posttest-only design), For program evaluators, In-person survey administration takes approximately 20 minutes</p>	Optional	\$69 plus shipping	Contact the program supplier Or visit <a href="http://www.copes.org">www.copes.org</a> <a href="http://www.myresilientfuturesnetwork.com">www.myresilientfuturesnetwork.com</a>
<p>CLFC Secrets to Successful Facilitation, For trained and certified facilitators, supervisors, potential program participants, or other interested parties</p>	Optional	\$75 plus shipping	Contact the program supplier Or visit <a href="http://www.copes.org">www.copes.org</a> <a href="http://www.myresilientfuturesnetwork.com">www.myresilientfuturesnetwork.com</a>
<p>Additional telephone or onsite technical assistance, For trained and certified CLFCMEP facilitators or supervisors</p>	Optional	Up to 10 hours included in the purchase of the CLFC Marriage Enhancement Implementation Training	Contact the program supplier Or visit <a href="http://www.copes.org">www.copes.org</a> <a href="http://www.myresilientfuturesnetwork.com">www.myresilientfuturesnetwork.com</a>
<p>Other Optional CLFC Module Kits, Also available individually, can be used in conjunction with CLFCMEP to target additional outcomes (Developing Positive Parental Influences and Getting Real for Adults), Training kits each include one trainer manual, 25 participant notebooks, and</p>	Optional	\$250 plus shipping	Contact the program supplier Or visit <a href="http://www.copes.org">www.copes.org</a> <a href="http://www.myresilientfuturesnetwork.com">www.myresilientfuturesnetwork.com</a>

a poster set, For trainers and program participants (poster sets are only available in a complete package or in each individual module)			
CLFC Implementation Training, Available for each of the optional CLFC Modules (Developing Positive Parental Influences and Getting Real for Adults)	Optional	\$4,500 (per module) for up to 18 participants depending on the trainers, plus travel expenses for two trainers	Contact the program supplier Or visit <a href="http://www.copes.org">www.copes.org</a> <a href="http://www.myresilientfuturesnetwork.com">www.myresilientfuturesnetwork.com</a>
Optional individual CLFC Trainer Manuals, Also available individually (Developing Positive Parental Influences and Getting Real for Adults)	Optional	\$75 plus shipping	Contact the program supplier Or visit <a href="http://www.copes.org">www.copes.org</a> <a href="http://www.myresilientfuturesnetwork.com">www.myresilientfuturesnetwork.com</a>
Optional set of 25 CLFC participant notebooks (Developing Positive Parental Influences and Getting Real for Adults), For certified facilitators and program participants	Optional	\$99.95 plus shipping	Contact the program supplier Or visit <a href="http://www.copes.org">www.copes.org</a> <a href="http://www.myresilientfuturesnetwork.com">www.myresilientfuturesnetwork.com</a>
CLFC DVD Series includes the following DVDs: Getting Real: It Takes Two to Know You, Getting Real: Role-plays with Adults with Trainer Notes,	Optional	\$499 plus shipping for the full set; Individual videos range in price from \$100 to \$114 each plus shipping	Contact the program supplier Or visit <a href="http://www.copes.org">www.copes.org</a> <a href="http://www.myresilientfuturesnetwork.com">www.myresilientfuturesnetwork.com</a>

<p>The Intoxication Curve, High, Drunk or State of Mind, Problem Drinking or Alcoholism, For ongoing staff training and support for certified facilitators and participants, Each video varies in length from 17 to 65 minutes</p>			
<p><b>Dissemination Information</b></p>			
<p>CLFC National Training System Description, For agency or organizational supervisors or team leaders</p>	<p>Optional</p>	<p>Free</p>	<p>Contact the program supplier Or visit <a href="http://www.copes.org">www.copes.org</a> <a href="http://www.myresilientfuturesnetwork.com">www.myresilientfuturesnetwork.com</a></p>
<p>Sample CLFC Marriage Enhancement Program Brochures, For supervisors and staff considering or implementing the program</p>	<p>Optional</p>	<p>Free</p>	<p><a href="http://copes.org/content/uploads/2015/04/MarriageBrochure-Copy.pdf">http://copes.org/content/uploads/2015/04/MarriageBrochure-Copy.pdf</a></p>
<p>Website, For supervisors and staff considering or implementing the program and others</p>	<p>Optional</p>	<p>Free</p>	<p>Contact the program supplier Or visit <a href="http://www.copes.org">www.copes.org</a> <a href="http://www.myresilientfuturesnetwork.com">www.myresilientfuturesnetwork.com</a> The following resources can be found at these sites: CLFC Marriage Enhancement Program Page <a href="http://copes.org/recommended-process-for-reviewing-selecting-and-implementing-the-clfc-marriage-enhancement-program/">http://copes.org/recommended-process-for-reviewing-selecting-and-implementing-the-clfc-marriage-enhancement-program/</a> Process for Reviewing, Selecting and Implementing the CLFC Marriage Enhancement Program <a href="http://copes.org/explore-marriage-clfc-marriage-enhancement-program-implementation-options">http://copes.org/explore-marriage-clfc-marriage-enhancement-program-implementation-options</a> <a href="http://copes.org/topics-of-interest/implementation-options-for-the-creating-lasting-family-connections-marriage-enhancement-program">http://copes.org/topics-of-interest/implementation-options-for-the-creating-lasting-family-connections-marriage-enhancement-program</a> CLFC Marriage Enhancement Program Products <a href="http://copes.org/products/">http://copes.org/products/</a> CLFC Marriage Enhancement Program Certification Training <a href="http://copes.org/clfc-certification-training">http://copes.org/clfc-certification-training</a> Final Copy of Family Process Journal Article <a href="http://copes.org/wp-content/uploads/2015/04/4-Family-Process-Article_Final-Published-Version-2013-Marriage-Article.pdf">http://copes.org/wp-content/uploads/2015/04/4-Family-Process-Article_Final-Published-Version-2013-Marriage-Article.pdf</a></p>

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**Implementation/Dissemination**

Implementation materials available  
Dissemination materials available

**Program Contact**

**Ted N. Strader**  
**Program Developer**  
**502.583.6820**  
**tstrader@sprynet.com**

**Dissemination/Implementation Contact**

**Teresa Boyd Strader, LCSW, CPS**  
**National Training Director**  
**502.897.1111**  
**teresastraderrfn@gmail.com**

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